

Report of Community Action Program

Support for the Area Center is a combination of federal and local funds. The Laconia Area Center is located in the Lakes Region Family Center on Route 106 (121 Belmont Road) in Laconia. The Area Center provides outreach to the homebound and direct assistance and services to income eligible, low income, handicapped, and elderly residents in your community.

Last year, the Laconia Area Center provided \$289,651.49 worth of services to the residents of the Town of Alton.

Service Description:

Commodity Supplemental Food Supply - nutrition program that offers participants free nutritious foods to supplement their daily diets. The program serves children under six years of age, women during pregnancy and up to 12 months after the birth of their baby. Value \$22.00 per unit. *(An individual may not be enrolled in both the WIC Program and CSFP but a family may have members in both programs.)

Congregate Meals – All elders are welcome to our congregate meal sites/Senior Centers for nutritious hot meals, social/recreational activities and special events. Value \$6.32 per meal.

Core - an energy efficient program sponsored by the electric utilities of NH. This program is supported by the systems benefit charge to each electric utility customer as mandated procedures and base-load measures (refrigerator and lighting replacement, hot water measures) for income eligible households.

Electric Assistance – a statewide program funded by all electric rate payers which provides a specific tier of discount from 15% to 90% on electric bills for income eligible households.

Emergency Assistance Fund – provides resources to pay back rent, utility bills, etc. to prevent homelessness.

Emergency Food Pantry – provide up to five days of food for people facing temporary food crisis. Value \$5.00 per day.

Family Planning – provides confidential, comprehensive gynecological care, breast exams, Pap smears, pregnancy testing, birth control, and counseling.

Fuel Assistance – available to income eligible households to help with energy costs during the prime heating season. Priority is given to the elderly and disabled. The average benefit for the 2004-2005 program was \$564.00.

Home – makes loans available to qualified income eligible homeowners to help them improve their homes as well as their communities. **Home** loans are used for substantial rehabilitation.

Information and Referral – CAP provides utility, landlord/tenant, legal and health counseling as well as referrals for housing, transportation and other life concerns. These support/advocacy services are not tracked.

Meals-On-Wheels – provides the delivery of nutritionally balanced hot meals to homebound elderly or adult residents five days a week. Value \$6.32 per meal.

Rural Transportation – provides regularly scheduled demand response to and from towns in Belknap and Merrimack Counties to medical and professional facilities, shopping centers, and congregate meal sites. Value \$6.75 per ridership.

Senior Companion Program – provides friendly visiting and respite services for homebound elderly. Income eligible seniors (60+) serve as companions. Value to companions includes mileage, weekly stipend (\$5.74 per hour). Value to visitees is comparable to similar private sector services (\$5.74 per hour).

The Fixit Program – mobilizes volunteers, especially skilled occupations such as plumbers and electricians, to assist elderly clients with small

USAD Commodity Surplus – foods are now distributed directly to local food pantries and kitchens on a quarterly basis. These pantries and soup kitchens service all in need, not just town residents.

Weatherization – improves the energy efficiency of income eligible households. Supplemental program also includes furnace replacement, water heater replacement and roof repair. Value includes average material and labor.

Women, Infants, and Children – provides specific food to supplement daily diet of pregnant or nursing women as well as children under five. Participants receive medical/nutritional screening, counseling, and education. Value includes value of vouchers and clinical services at \$44.94 per unit.